RUSSWOLES WINTER ARC

POWER BUILDING

VOLUME 7

WORLD RECORD HOLDER | 2X WORLD CHAMPION | 6X NATIONAL CHAMPION

R RESTRICTED

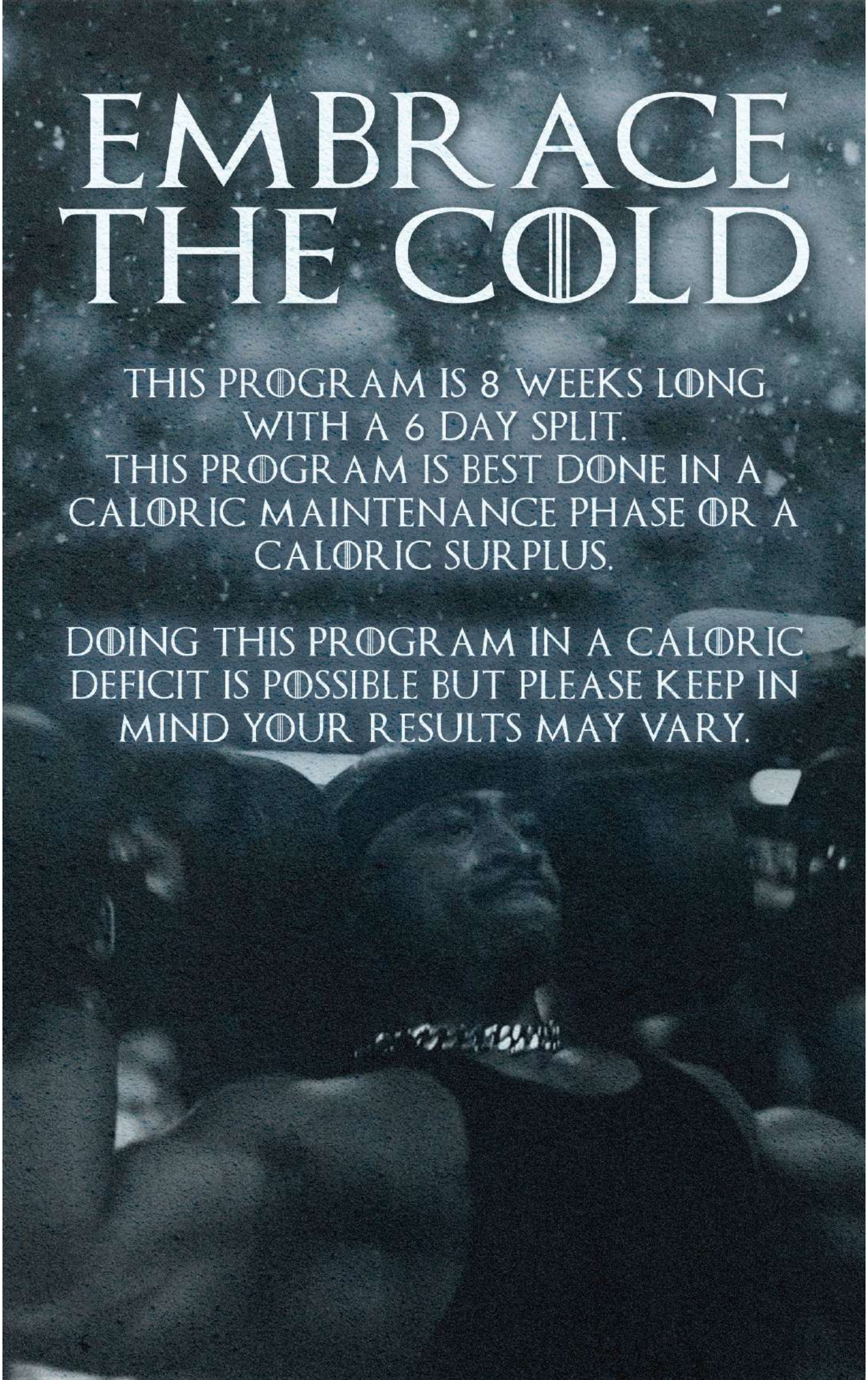
PROGRAM REQUIRES YOUR ABSOLUTE BEST EFFORT IN ORDER TO COMPLETE

LOCK IN

WELCOME TO THE 7TH INSTALLMENT OF MY POWERBUILDING PROGRAM SERIES. YOUR ABILITY TO IMPROVE YOUR SQUAT, BENCH, AND DEADLIFT WHILE WORKING ON BODYBUILDING MOVEMENTS WILL BE CHALLENGED.

- THIS PROGRAM WAS MADE FOR THOSE WHO HAVE BEEN LEFT OUT IN THE COLD WITH NO PLACE TO TURN. THIS IS DEDICATED TO THE GYM LOVERS THAT HAVE THEIR BACK AGAINST THE WALL WITH SOMETHING TO PROVE. IT'S A COLD WORLD. YOUR IMPROVEMENT IS ON YOU AND YOU ALONE.

LOCK IN TO A COLD 8 WEEKS. ONLY THE STRONG WILL SURVIVE.


EMBRACE
THE COLD
THIS PROGRAM IS 8 WEEKS LONG
WITH A 6 DAY SPLIT.
THIS PROGRAM IS BEST DONE IN A
CALORIC MAINTENANCE PHASE OR A
CALORIC SURPLUS.
DOING THIS PROGRAM IN A CALORIC
DEFICIT IS POSSIBLE BUT PLEASE KEEP IN
MIND YOUR RESULTS MAY VARY.

TIPS ON SURVIVING THE WINTER

- IT IS PIVOTAL TO KNOW YOUR ONE REP MAX ON SQUAT, BENCH, AND DEADLIFT. THIS WILL HELP YOU GET THE MOST OUT OF THE PROGRAM. THE MORE ACCURATE YOU ARE, THE BETTER.

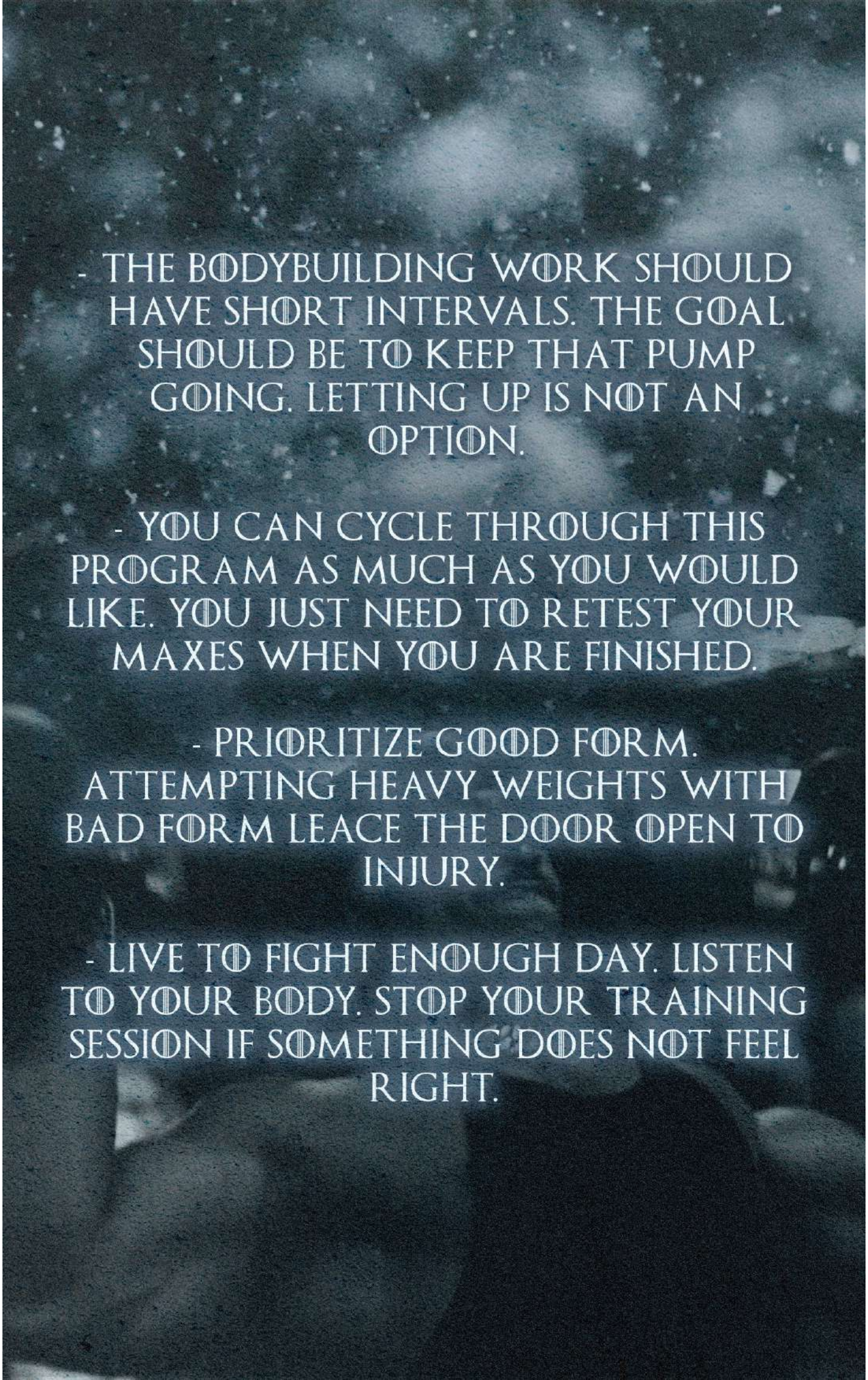
- THIS PROGRAM IS BASED OFF OF PERCENTAGES OF YOUR 1 REP MAX ON THE BIG 3, BUT YOU CAN CHANGE THE WEIGHT IF YOU CANNOT COMPLETE SOME OF THE REP SCHEMES THAT ARE ASKED OF YOU. SOME DAYS WILL BRING DIFFERENT CHALLENGES SO THERES NOTHING WITH DROPPING THE WEIGHT IF IT CANNOT BE DONE SAFELY AND PROPERLY WITH GOOD FORM.

- NO EASY DAYS. DON'T CRUISE DURING THIS PROGRAM. SOME DAYS ARE MEANT TO BE VERY SMOOTH BUT THERE WILL ALSO COME TIMES WHERE YOU WILL NEED TO CHALLENGE YOURSELF AND DIG DEEP.

- THE REP WORK IS WHAT WILL MAKE YOU STRONGER SO TAKE IT SERIOUSLY.

- WEEK 5 IS THE ONLY EASY WEEK, SO TAKE THAT WEEK TO RECOVER AND GIVE YOUR BODY THE BREAK IT DESERVES.

- DO NOT TO REST TOO LONG IN BETWEEN SETS. ATTACK THE TRAINING SESSIONS. PUSH YOURSELF. GET OFF YOUR PHONE. LIMIT CONVERSATIONS. I WANT YOU TO FEEL LIKE YOU DID SOMETHING WHEN YOU LEAVE THE GYM.



- THE BODYBUILDING WORK SHOULD HAVE SHORT INTERVALS. THE GOAL SHOULD BE TO KEEP THAT PUMP GOING. LETTING UP IS NOT AN OPTION.

- YOU CAN CYCLE THROUGH THIS PROGRAM AS MUCH AS YOU WOULD LIKE. YOU JUST NEED TO RETEST YOUR MAXES WHEN YOU ARE FINISHED.

- PRIORITIZE GOOD FORM. ATTEMPTING HEAVY WEIGHTS WITH BAD FORM LEACE THE DOOR OPEN TO INJURY.

- LIVE TO FIGHT ENOUGH DAY. LISTEN TO YOUR BODY. STOP YOUR TRAINING SESSION IF SOMETHING DOES NOT FEEL RIGHT.

LEGEND

(KEY WORDS AND PHRASES)

- SUPER SET - THE 2 MOVEMENTS LISTED CONSECUTIVELY NEED TO BE DONE IN IMMEDIATE SUCCESSION. FOR EXAMPLE YOU NEED TO DO YOUR DUMBBELL ROWS IMMEDIATELY AFTER YOUR DUMBBELL BENCH PRESS IS THEY ARE LISTENED NEXT TO EACH OTHER AND HAVE THE SUPER SET TAG NEXT TO IT.

- TRI SET - THE 3 MOVEMENTS LISTED CONSECUTIVELY NEED TO BE DONE IN IMMEDIATE SUCCESSION. IT IS THE SAME AS A SUPER SET, THERES JUST ONE MORE MOVEMENT TO DO.

- PYRAMID SETS - YOU NEED TO INCREASE WEIGHT AFTER EVERY SET. IF THE LAST SET HAS A HIGHER REP RANGE LIKE 10 OR 12 THAT MEANS YOU SHOULD GO TO A LIGHTER WEIGHT.

- SINGLE ARM - NEEDS TO BE DONE WITH ONE ARM

- SUPER SET AND PYRAMID SET - YOU SHOULD BE GOING UP IN WEIGHT AFTER EVERY SUPER SET

- EACH LEG - ISOLATE EACH LEG

- HOLD LAST 3 REPS - YOU SHOULD HOLD THE REP AT THE TOP FOR 2-3 SECONDS AND CONTROL IT ON THE WAY DOWN TO THE STARTING POSITION

- SLOW AND CONTROLLED - CONTROL THE ECCENTRIC PORTION OF THE MOVEMENT. FIGHT GRAVITY.

- 45LB PLATES - GRAB ONE OF THE 45LB PLATES FOR THE MOVEMENT

SOUNDTRACKS

I HAVE PLAYLISTS ON SPOTIFY THAT HAVE DIFFERENT CURATED VIBES TO HELP YOU MANAGE THIS ONSLAUGHT OF TRAINING.

1. TRAP$OUL
2. RUSSWOLE GYM PLAYLIST
3. THE GBT PLAYLIST
4. RUSSWOLE RECORDS VOL. 1
5. RUSSWOLE RECORDS VOL. 2
6. RUSSWOLE RECORDS
7. RUSS' ODD FUTURE
8. H**** HOURS
9. WEEZY

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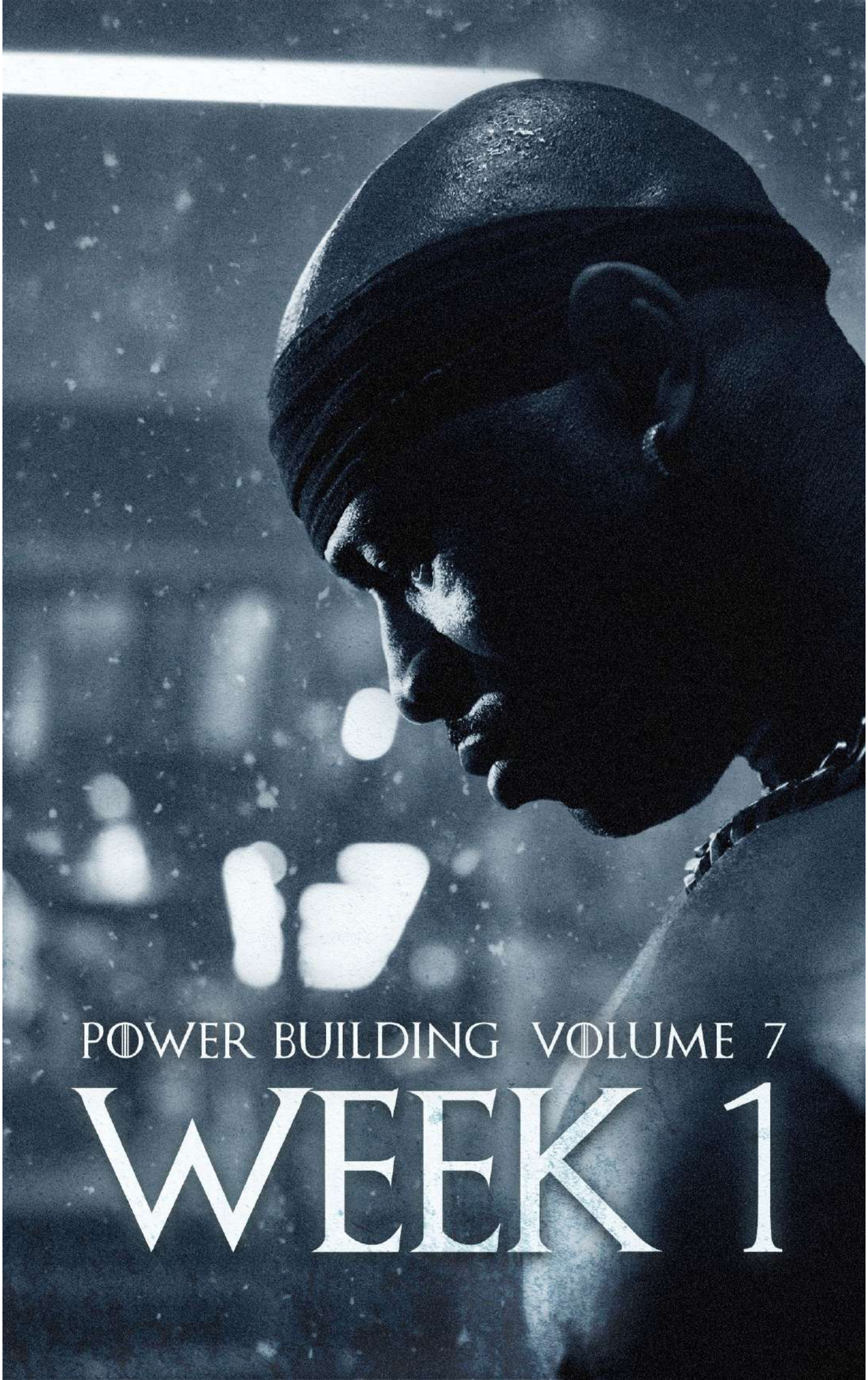

POWER BUILDING VOLUME 7
WEEK 1

WEEK 1 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	70% 1RM
SQUAT	2 X 6	60% 1RM
SINGLE LEG LEG PRESS *CONTROLLED REPS*	3 X 8	N/A
HAMSTRING CURLS	3 X 8	N/A
LEG EXTENSIONS	3 X 12	N/A
CALF RAISES	2 X 15	N/A

WEEK 1 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	75% 1RM
BENCH	3 X 6	60% 1RM
INCLINE BENCH	3 X 8	N/A
ROPE EXTENSIONS	3 X 8	N/A
MACHINE CHEST FLY *CONTROLLED REPS*	3 X 10	N/A
STRAIGHT BAR EXT	3 X 12	N/A

WEEK 1 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	75% 1RM
DEADLIFT	2 X 6	60% 1RM
LAT PULLDOWN	3 X 8	N/A
CABLE ROW	3 X 10	N/A
ROPE PULLOVER	3 X 12	N/A
DB HAMMER CURLS	3 X 8	N/A
STRAIGHT BAR CABLE CURLS *CONTROLLED REPS*	3 X 10	N/A

WEEK 1 / DAY 4

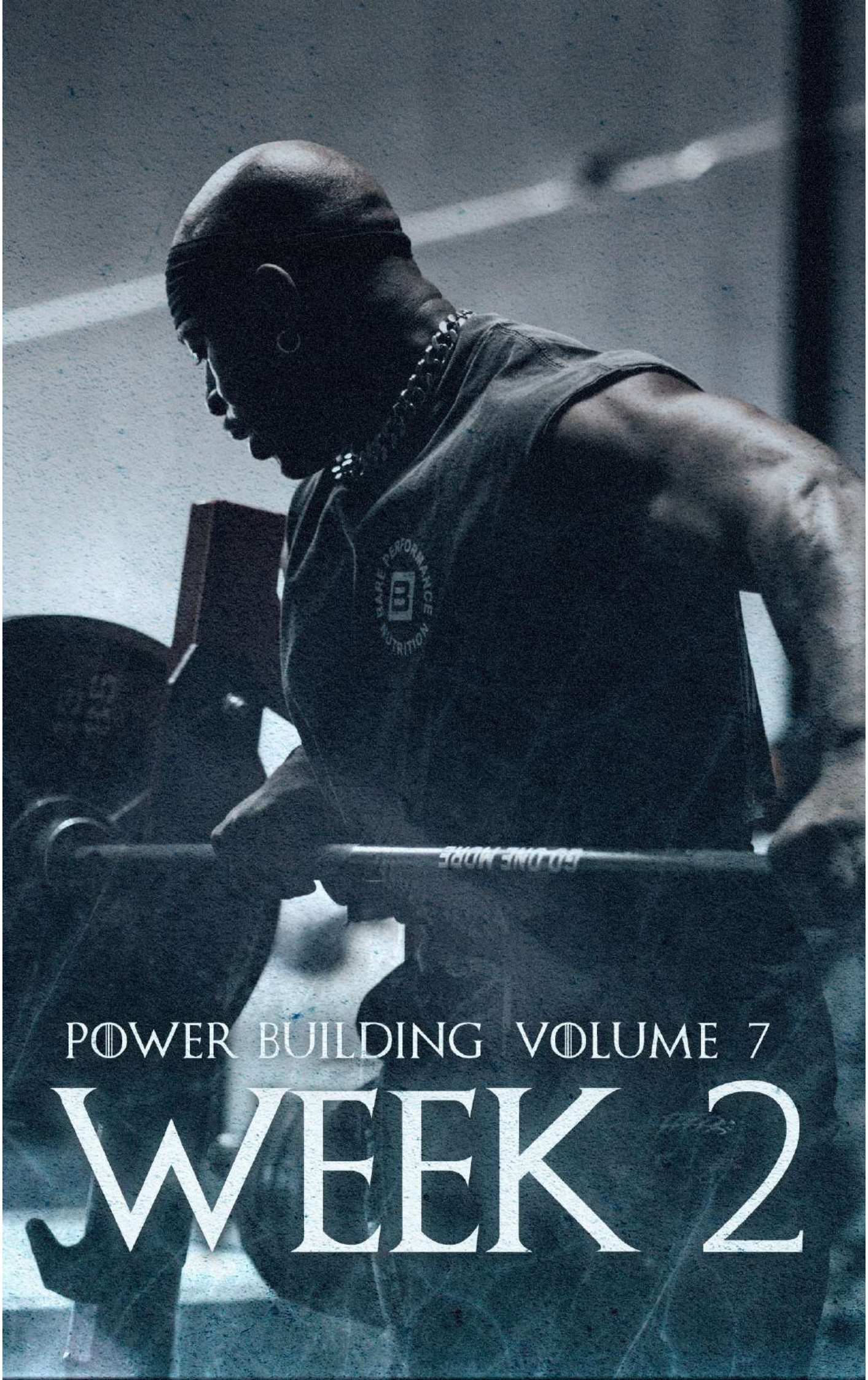
EXERCISE	SETS X REP	PERCENTAGE
BENCH	2 X 6	55% 1RM
CLOSE GRIP BENCH	3 X 6	50% 1RM
BARBELL OVERHEAD PRESS	3 X 8	N/A
DB LATERAL RAISE	3 X 12	N/A
DB REAR DELT FLY	3 X 12	N/A
45LB PLATE RAISES	3 X 20	N/A

WEEK 1 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 4	55% 1RM
ROMANIAN DEADLIFT	3 X 6	50% 1RM
DB STEP UPS	4 X 8 (EACH LEG)	N/A
LEG EXTENSIONS *SLIGHT HOLDS*	3 X 8	N/A
HIP ABDUCTOR MACHINE *CONTROLLED REPS*	3 X 12	N/A
BACK EXTENSIONS	3 X 8	N/A

WEEK 1 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
TRICEP EXT *SUPER SET*	3 X 10	N/A
CABLE CURLS ↩	3 X 10	N/A
DB OVERHEAD TRICEP EXT	3 X 8	N/A
ALT DB CURLS	3 X 10	N/A
CABLE LAT RAISES	3 X 12	N/A
FACE PULLS	3 X 12	N/A


POWER BUILDING VOLUME 7
WEEK 2

WEEK 2 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	80% 1RM
SQUAT	3 X 5	70% 1RM
LEG EXTENSIONS *CONTROLLED REPS*	3 X 12	N/A
DB RDL	3 X 8	N/A
HIP ADDUCTORS	3 X 12	N/A
CALF RAISES	2 X 20	N/A

WEEK 2 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	85% 1RM
BENCH	3 X 6	70% 1RM
WEIGHTED DIPS *BODYWEIGHT IS FINE*	4 X 12	N/A
DB FLAT BENCH	4 X 8	N/A
EZ BAR SKULLCRUSHERS	4 X 8	N/A
ROPE EXT	4 X 12	N/A

WEEK 2 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	80%-85% 1RM
DEADLIFT	3 X 5	70% 1RM
BARBELL ROW	4 X 8	N/A
MACHINE ROW	4 X 10	N/A
V-BAR PULLDOWNS	4 X 8	N/A
ALT DB CURLS	4 X 8	N/A
ROPE HAMMER CURLS	4 X 8	N/A

WEEK 2 / DAY 4

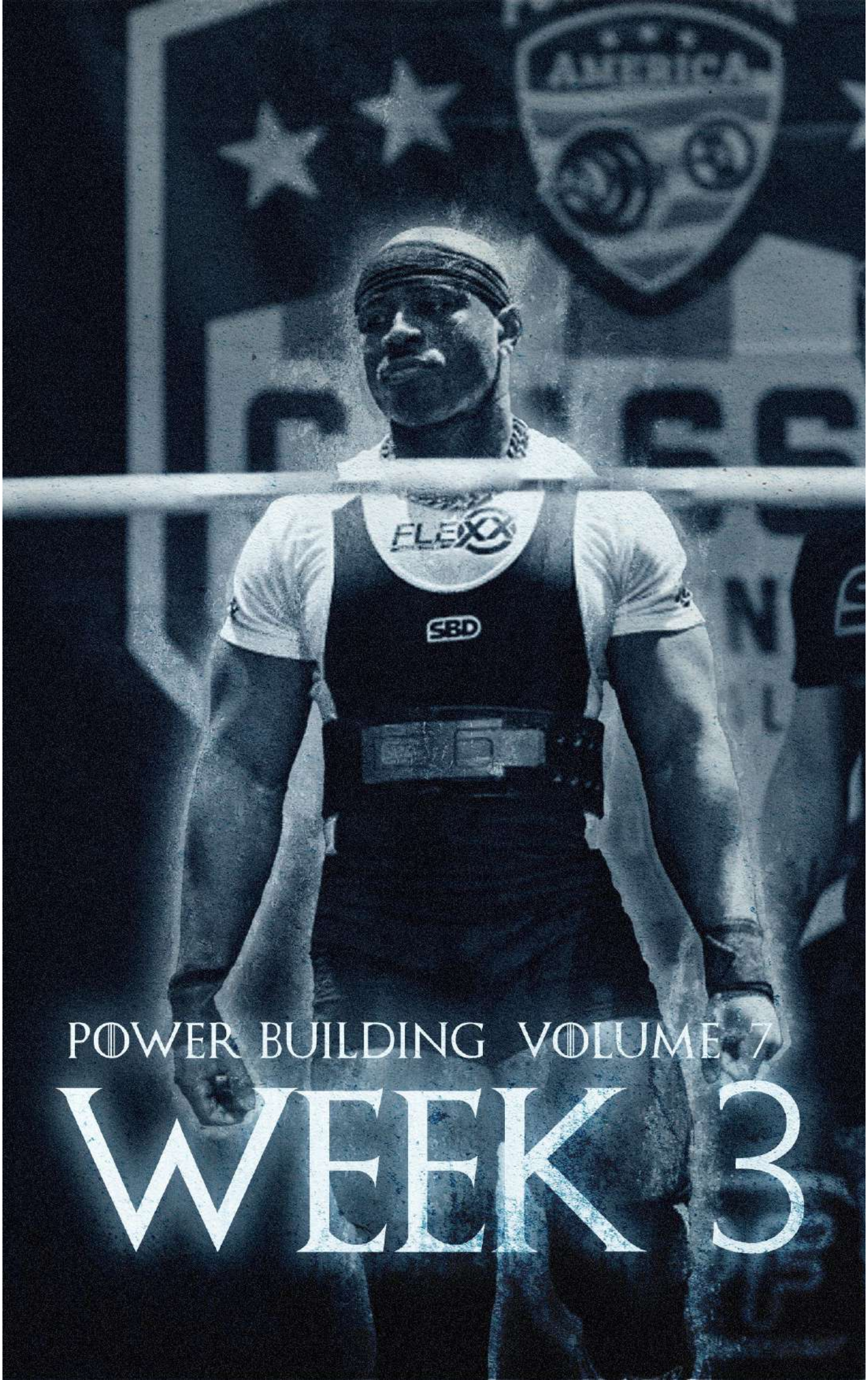
EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 6	60% 1RM
CLOSE GRIP BENCH	3 X 8	50% 1RM
DB SHOULDER PRESS *SUPERSET*	4 X 8	N/A
DB LATERAL RAISE ↵	4 X 10	N/A
CABLE UPRIGHT ROW	4 X 8	N/A
45LB PLATE RAISES	3 X 15	N/A

WEEK 2 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 5	60% 1RM
ROMANIAN DEADLIFT	3 X 7	50% 1RM
DB GOBLET SQUAT	4 X 8	N/A
HAMSTRING CURL	4 X 10	N/A
HIP ABDUCTOR MACHINE	4 X 8	N/A
DB RDL	4 X 10	N/A

WEEK 2 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
EZ BAR CURLS	4 X 8	N/A
ROPE EXTENSIONS	4 X 10	N/A
BENCH DIPS *BODYWEIGHT*	4 X 15	N/A
ALT DB CURLS	4 X 8	N/A
DIAMOND PUSHUPS	4 X 10 - 15	N/A
ROPE CURLS	4 X 10	N/A



POWER BUILDING VOLUME 7

WEEK 3

WEEK 3 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	80% - 85% 1RM
SQUAT	3 X 7	60% - 70% 1RM
SINGLE LEG PRESS	3 X 8 (EACH LEG)	N/A
HAMSTRING CURLS	3 X 8	N/A
LEG EXTENSIONS	3 X 12	N/A
CALF RAISES	2 X 20	N/A

WEEK 3 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	85% - 90% 1RM
BENCH	3 X 7	60% - 70% 1RM
INCLINE BENCH	3 X 8	N/A
ROPE EXTENSIONS	3 X 8	N/A
MACHINE CHEST FLY *CONTROLLED REPS*	3 X 10	N/A
STRAIGHT BAR EXT	3 X 12	N/A

WEEK 3 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	90% 1RM
DEADLIFT	4 X 5	75% - 80% 1RM
LAT PULLDOWN	3 X 8	N/A
CABLE ROW	3 X 10	N/A
ROPE PULLOVER	3 X 12	N/A
DB HAMMER CURLS	3 X 8	N/A
STRAIGHT BAR CABLE CURLS *CONTROLLED REPS*	3 X 10	N/A

WEEK 3 / DAY 4

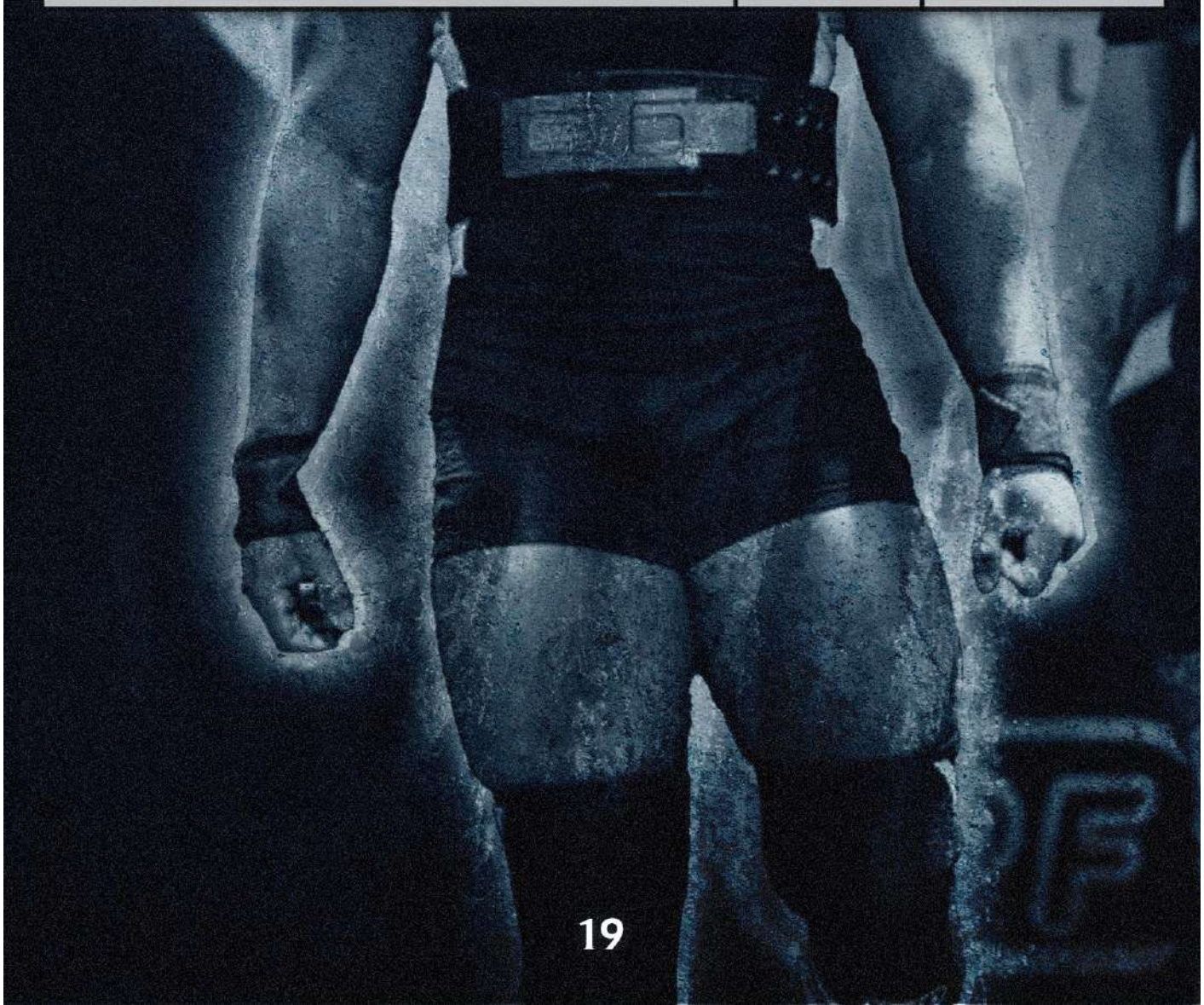
EXERCISE	SETS X REP	PERCENTAGE
BENCH	4 X 4	60% 1RM
CLOSE GRIP BENCH	3 X 6	50% 1RM
BARBELL OVERHEAD PRESS	3 X 8	N/A
DB LATERAL RAISE	3 X 12	N/A
DB REAR DELT FLY	3 X 12	N/A
45LB PLATE RAISES	3 X 20	N/A

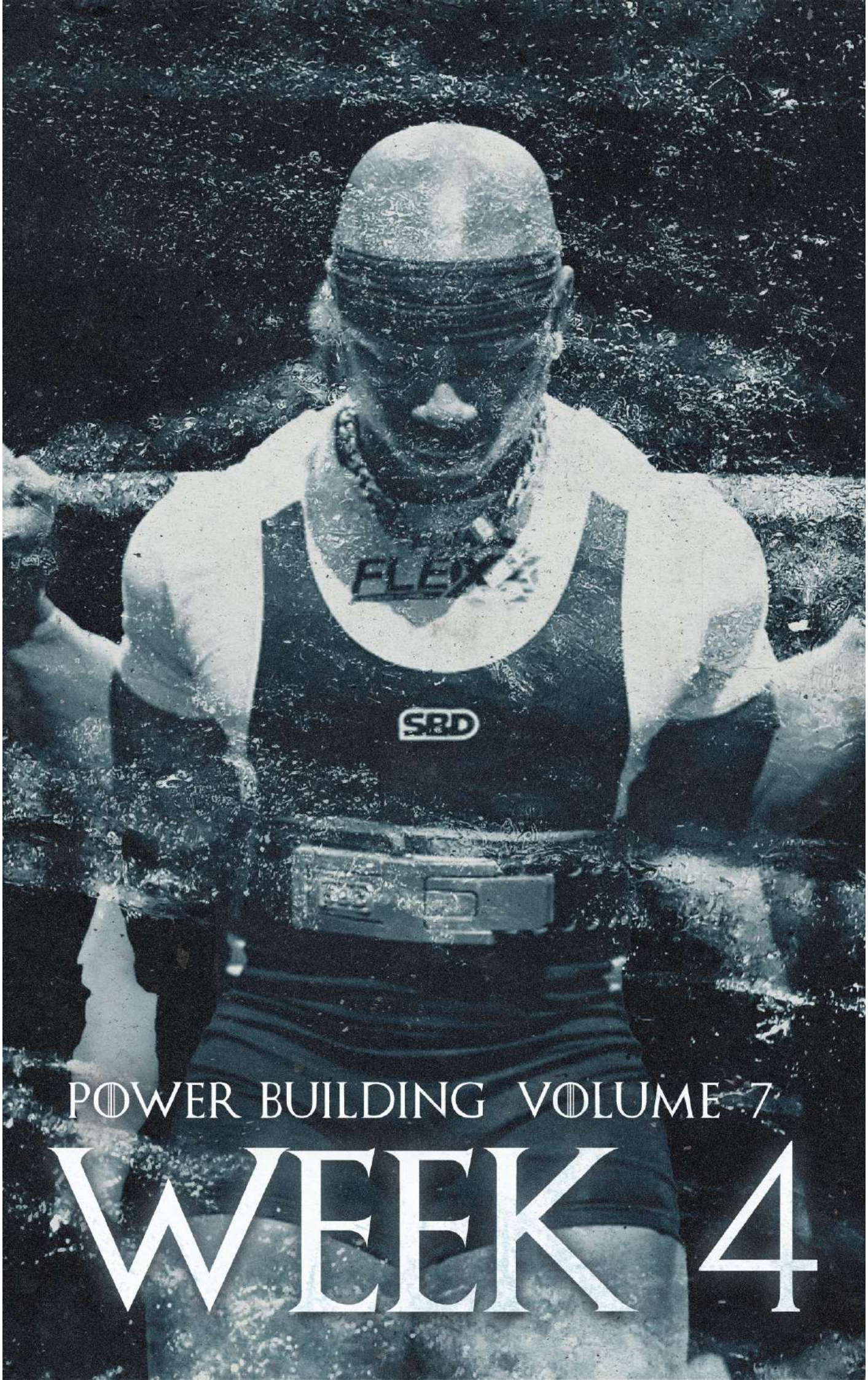
WEEK 3 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 6	60% - 70% 1RM
SQUAT	3 X 5	50% 1RM
DB STEP UPS	4 X 8 (EACH LEG)	N/A
LEG EXTENSIONS *SLIGHT HOLD*	3 X 8	N/A
HIP ABDUCTOR MACHINE *CONTROLLED REPS*	3 X 12	N/A
BACK EXTENSIONS	3 X 8	N/A

WEEK 3 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
TRICEP EXT *SUPER SET*	3 X 10	N/A
CABLE CURLS ↵	3 X 10	N/A
DB OVERHEAD TRICEP EXT	3 X 8	N/A
ALT DB CURLS	3 X 10	N/A
CABLE LAT RAISES	3 X 12	N/A
FACE PULLS	3 X 12	N/A





POWER BUILDING VOLUME 7

WEEK 4

WEEK 4 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	90% 1RM
SQUAT	3 X 8	70% - 75% 1RM
LEG EXTENSIONS *CONTROLLED REPS*	3 X 12	N/A
DB RDL	3 X 8	N/A
HIP ADDUCTORS	3 X 12	N/A
CALF RAISES	2 X 20	N/A

WEEK 4 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	90% 1RM
BENCH	3 X 8	70% 1RM
WEIGHTED DIPS *BODYWEIGHT IS FINE*	4 X 12	N/A
DB FLAT BENCH	4 X 8	N/A
EZ BAR SKULLCRUSHERS	4 X 8	N/A
ROPE EXT	4 X 12	N/A

WEEK 4 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	90% 1RM
DEADLIFT	5 X 5	75% - 80% 1RM
BARBELL ROW	4 X 8	N/A
MACHINE ROW	4 X 10	N/A
V-BAR PULLDOWNS	4 X 8	N/A
ALT DB CURLS	4 X 8	N/A
ROPE HAMMER CURLS	4 X 8	N/A

WEEK 4 / DAY 4

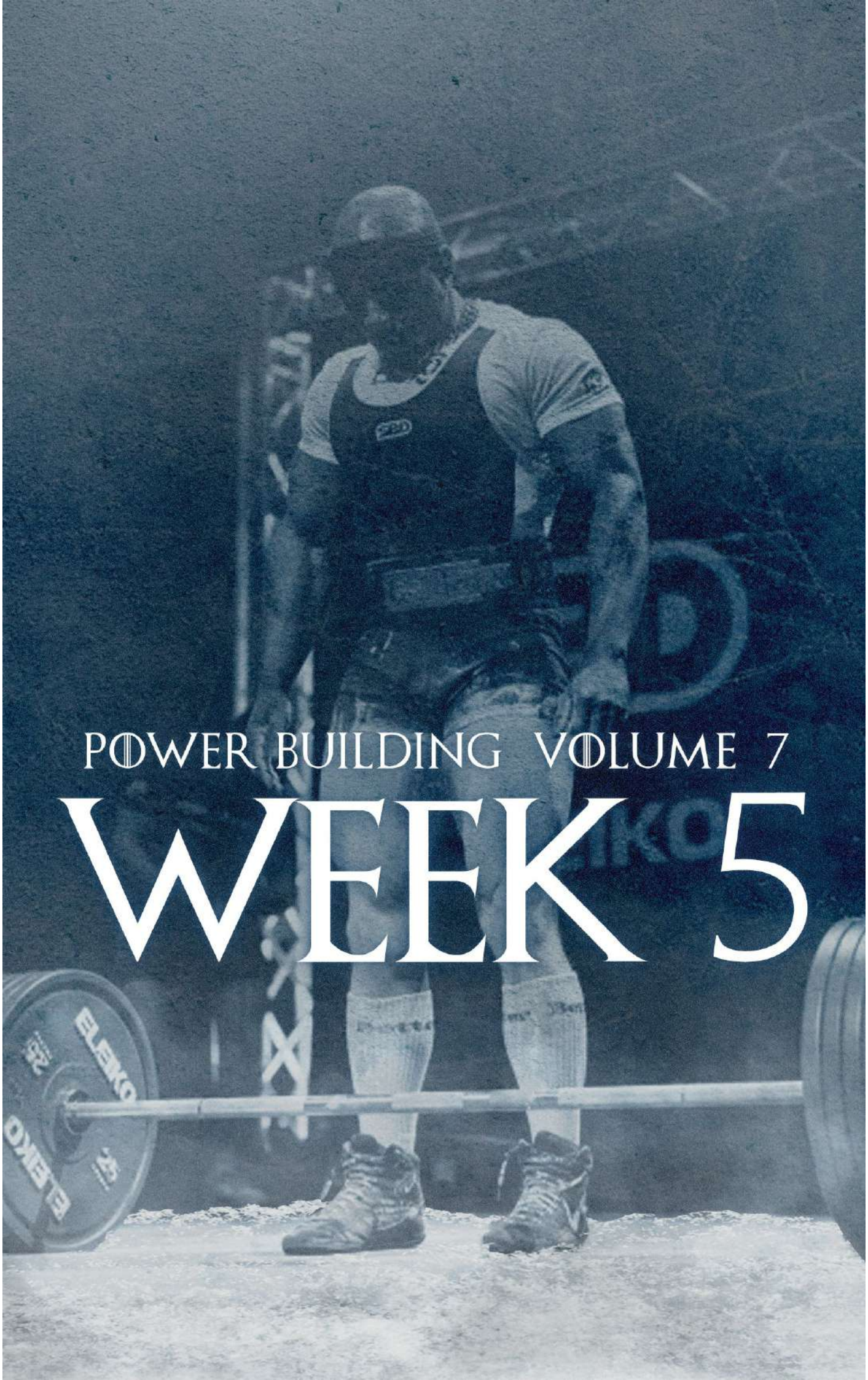
EXERCISE	SETS X REP	PERCENTAGE
BENCH	5 X 4	70% 1RM
CLOSE GRIP BENCH	3 X 6	50% 1RM
DB SHOULDER PRESS *SUPERSET*	4 X 8	N/A
DB LATERAL RAISE ↵	4 X 10	N/A
CABLE UPRIGHT ROW	4 X 8	N/A
45LB PLATE RAISES	3 X 15	N/A

WEEK 2 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	4 X 3	70% -75% 1RM
ROMANIAN DEADLIFT	3 X 6	50% 1RM
DB GOBLET SQUAT	4 X 8	N/A
HAMSTRING CURL	4 X 10	N/A
HIP ABDUCTOR MACHINE	4 X 8	N/A
DB RDL	4 X 10	N/A

WEEK 2 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
EZ BAR CURLS	4 X 8	N/A
ROPE EXTENSIONS	4 X 10	N/A
BENCH DIPS *BODYWEIGHT*	4 X 15	N/A
ALT DB CURLS	4 X 8	N/A
DIAMOND PUSHUPS	4 X 10 - 15	N/A
ROPE CURLS	4 X 10	N/A


POWER BUILDING VOLUME 7
WEEK 5

WEEK 5 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	75% 1RM
SQUAT	2 X 7	65% 1RM
LEG PRESS	3 X 8	N/A
LEG EXTENSIONS	3 X 8	N/A
HAMSTRING CURLS	3 X 8	N/A
CALF RAISES	2 X 10	N/A

WEEK 5 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	75% 1RM
BENCH	2 X 7	65% 1RM
DB INCLINE BENCH	3 X 8	N/A
DB SHOULDER PRESS	3 X 8	N/A
DB CHEST FLY	3 X 8	N/A
LATERAL RAISES	3 X 8	N/A

WEEK 5 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	80% 1RM
DEADLIFT	3 X 4	65% - 70% 1RM
REVERSE GRIP PULLDOWN	3 X 10	N/A
CLOSE GRIP PULLDOWN	3 X 8	N/A
CABLE ROW	3 X 8	N/A
EZ BAR PREACHER CURL	3 X 8	N/A
REVERSE GRIP CABLE CURL	3 X 8	N/A

WEEK 5 / DAY 4

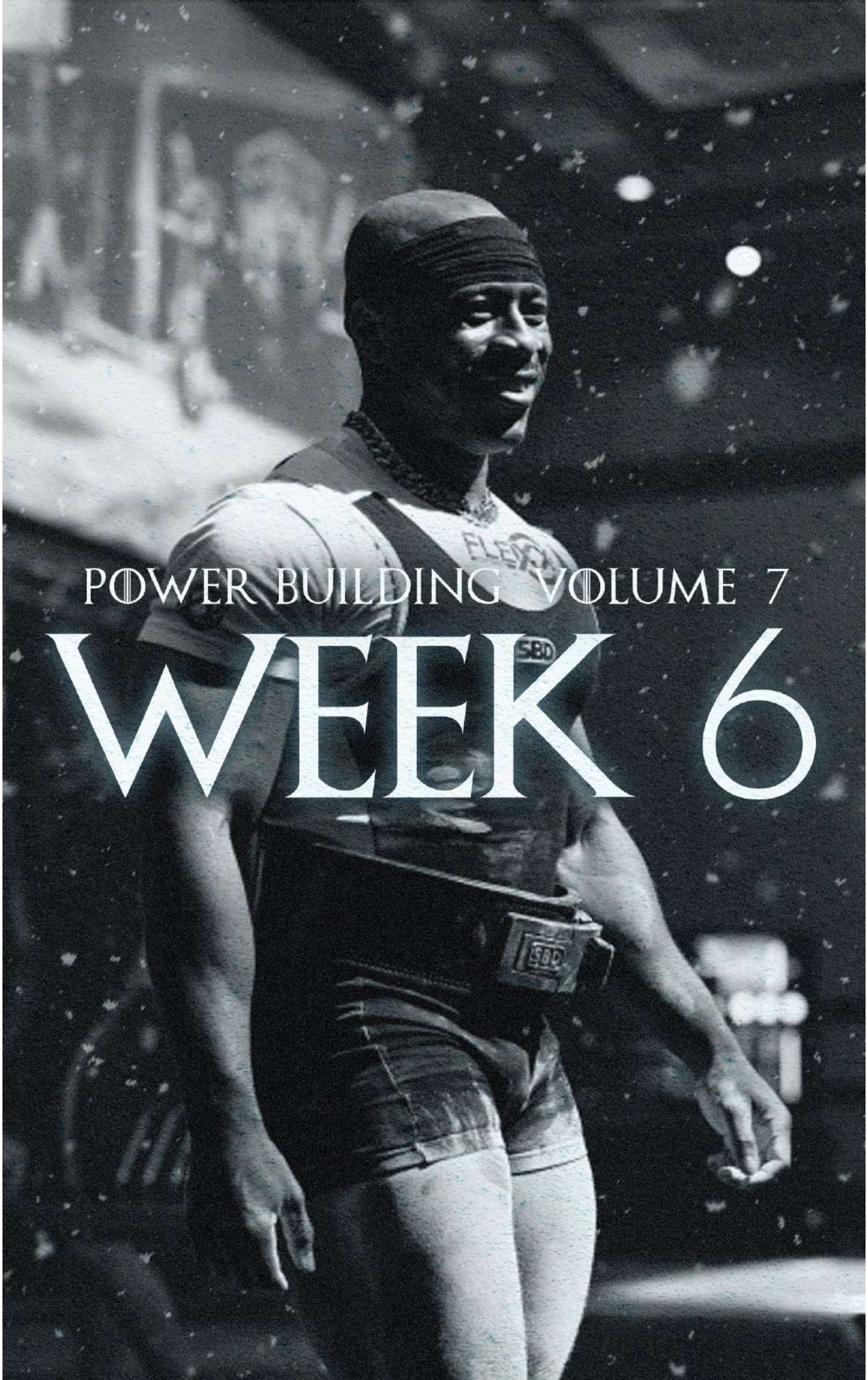
EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 5	60% 1RM
WIDE GRIP BENCH	3 X 8	50% 1RM
DB FLAT BENCH PRESS	3 X 8	N/A
TRICEP EXT	3 X 10	N/A
DB CHEST FLY	3 X 12	N/A
ROPE EXT	3 X 12	N/A

WEEK 5 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 3	55 % 1RM
DB LUNGES *WALKING OR STATIONARY*	3 X 12 (EACH LEG)	N/A
DB RDL	3 X 12	N/A
LEG EXTENSIONS	3 X 8	N/A
CRAB WALK *WITH GLUTE BAND*	3 X 10	N/A
BACK EXTENSIONS	3 X 8	N/A

WEEK 5 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
DB OVERHEAD EXT	3 X 8	N/A
DB PREACHER CURL	3 X 8	N/A
STRAIGHT BAR EXT	3 X 10	N/A
CABLE CURLS	3 X 8	N/A
REVERSE GRIP PUSHDOWNS	3 X 10	N/A
DB HAMMER CURLS	3 X 12	N/A


POWER BUILDING VOLUME 7
WEEK 6

WEEK 6 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	2 X 1	75%, 85% 1RM
SQUAT	3 X 6	65% 1RM
DB GOBLET SQUAT	4 X 8	N/A
DB LUNGES	3 X 12	N/A
DB RDL	3 X 12	N/A
CALF RAISES	2 X 15	N/A

WEEK 6 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	2 X 1	75%, 85% 1RM
BENCH	3 X 6	70% - 75% 1RM
DB FLAT BENCH *PYRAMID SET*	1X12, 1X8, 1X6	N/A
WEIGHTED DIAMOND PUSHUPS *25-45 PLATE*	3 X 15	N/A
MACHINE FLY	3 X 10	N/A
STRAIGHT BAR EXT	4 X 12	N/A

WEEK 6 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	2 X 1	85%, 90% 1RM
DEADLIFT	4 X 4	75% - 80% 1RM
PENDLAY ROW *KEEP IT LIGHT*	3 X 10	N/A
MACHINE ROW	3 X 8	N/A
WIDE GRIP PULLDOWN	3 X 10	N/A
DB PREACHER CURLS	3 X 8	N/A
DB HAMMER CURL	3 X 12	N/A

WEEK 6 / DAY 4

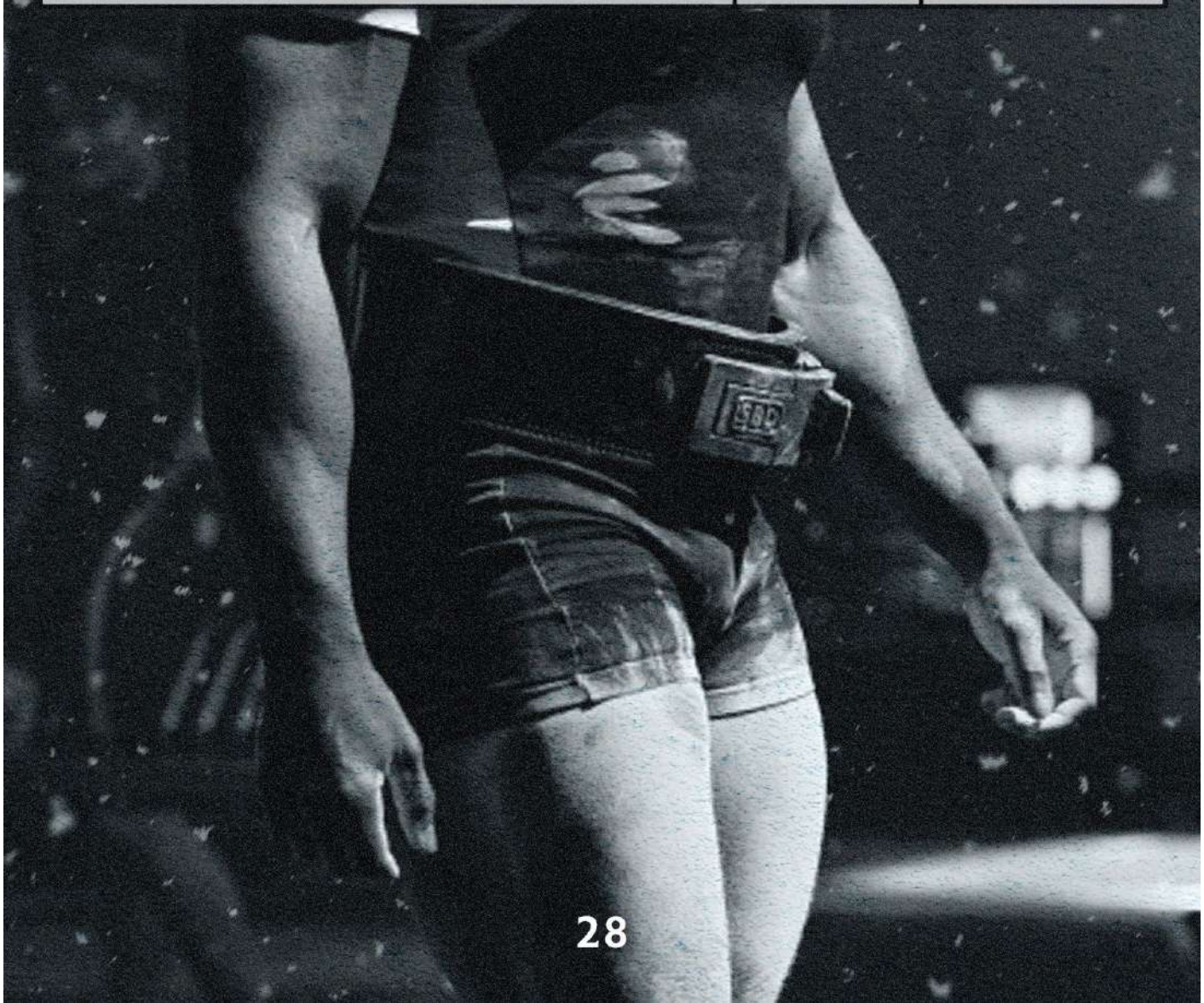
EXERCISE	SETS X REP	PERCENTAGE
BENCH	4 X 4	70% 1RM
INCLINE BENCH	3 X 8	N/A
EZ BAR SKULLCRUSHERS	4 X 10	N/A
CABLE CHEST FLY	3 X 15	N/A
WEIGHTED PUSHUPS *25-45 PLATE*	3 X 12	N/A
STRAIGHT BAR EXT *PYRAMID SET*	1X12, 1X10, 1X8	N/A

WEEK 6 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	4 X 3	70% 1RM
DB RDL *SINGLE LEG*	3 X 10 (EACH LEG)	N/A
LEG EXTENSIONS *SLOW, CONTROLLED*	3 X 10	N/A
HIP ADDUCTORS	3 X 12	N/A
HAMSTRING CURL	3 X 10	N/A

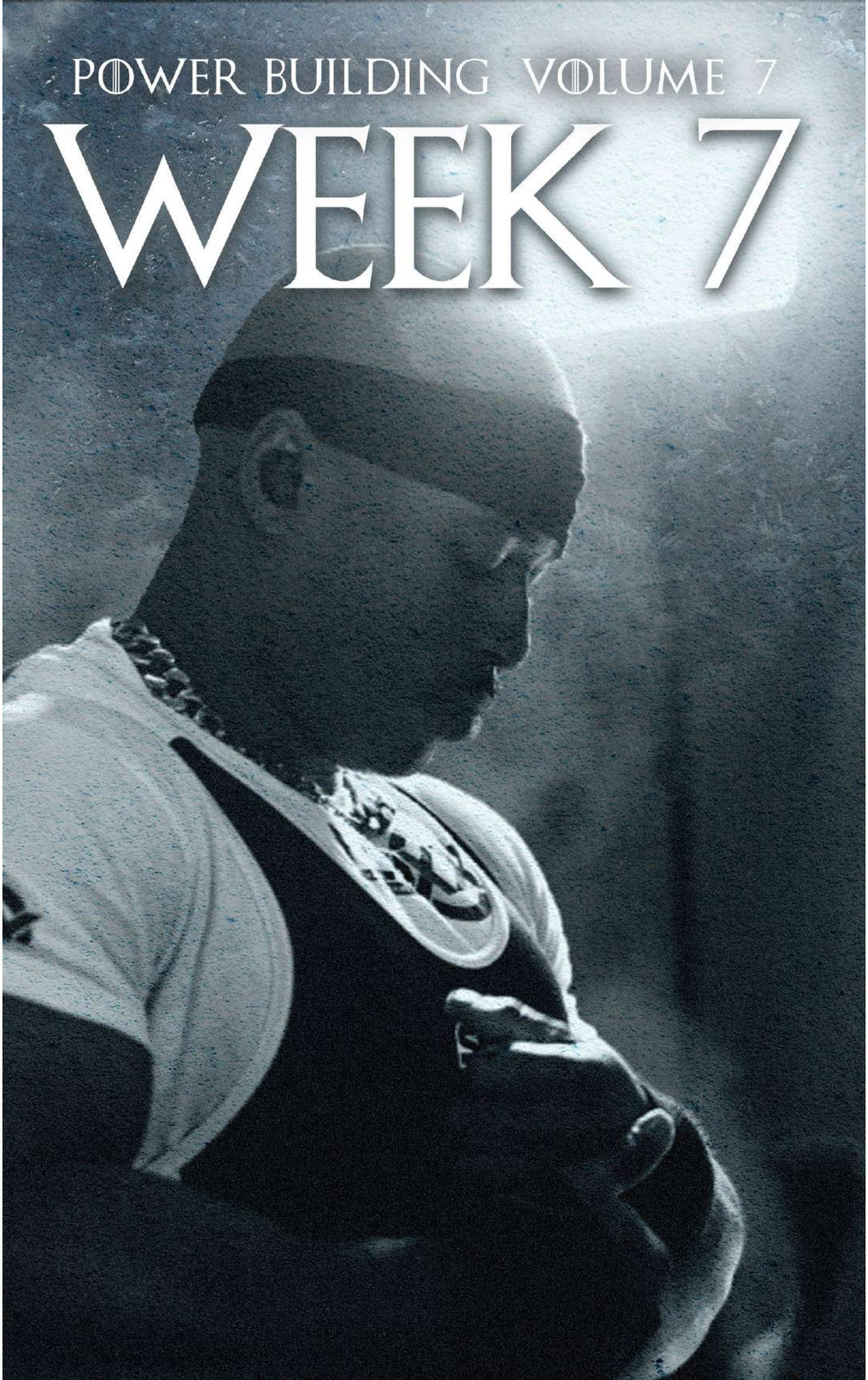
WEEK 6 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
DB SHOULDER PRESS *PYRAMID SETS*	1X12, 1X10, 1X8	N/A
DB LATERAL RAISES	3 X 12	N/A
INCLINE DB CURLS *PYRAMID SETS*	1X12, 1X10, 1X8	N/A
REVERSE GRIP CABLE CURLS	4 X 8	N/A
ROPE EXTENSIONS	4 X 8	N/A
DIPS *BODYWEIGHT*	3 X 12-15	N/A



POWER BUILDING VOLUME 7

WEEK 7



WEEK 7 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	90% 1RM
SQUAT	4 X 4	75% 1RM
LEG PRESS	2 X 8	N/A
LEG EXTENSIONS	2 X 8	N/A
HAMSTRING CURLS	2 X 8	N/A
CALF RAISES	2 X 10	N/A

WEEK 7 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	90% 1RM
BENCH	4 X 2	75% 1RM
DB INCLINE BENCH	3 X 8	N/A
DB SHOULDER PRESS	3 X 8	N/A
DB CHEST FLY	3 X 8	N/A
LATERAL RAISES	3 X 8	N/A

WEEK 7 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	90% 1RM
DEADLIFT	4 X 3	80% 1RM
REVERSE GRIP PULLDOWN	3 X 10	N/A
CLOSE GRIP PULLDOWN	3 X 8	N/A
CABLE ROW	3 X 8	N/A
EZ BAR PREACHER CURL	3 X 8	N/A
REVERSE GRIP CABLE CURL	3 X 8	N/A

WEEK 7 / DAY 4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 3	70% 1RM
WIDE GRIP BENCH	3 X 8	50% 1RM
DB FLAT BENCH PRESS	3 X 8	N/A
TRICEP EXT	3 X 10	N/A
DB CHEST FLY	3 X 12	N/A
ROPE EXT	3 X 12	N/A

WEEK 7 / DAY 5

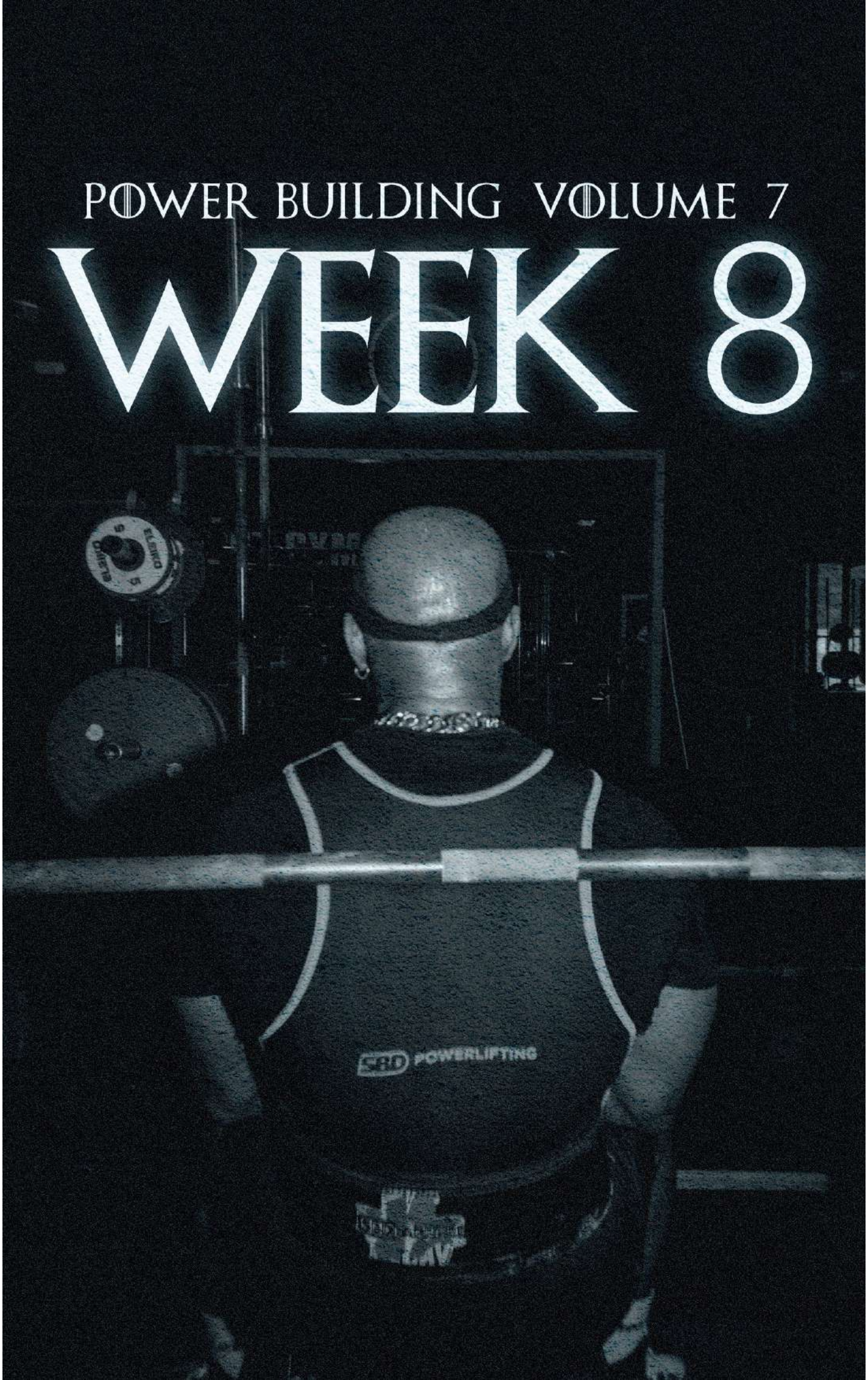
EXERCISE	SETS X REP	PERCENTAGE
SQUAT	4 X 2	75%-80% 1RM
DB LUNGES *WALKING OR STATIONARY*	3 X 12 (EACH LEG)	N/A
DB RDL	3 X 12	N/A
LEG EXTENSIONS	3 X 8	N/A
CRAB WALK *WITH GLUTE BAND*	3 X 10	N/A
BACK EXTENSIONS	3 X 8	N/A

WEEK 7 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
DB OVERHEAD EXT	3 X 8	N/A
DB PREACHER CURL	3 X 8	N/A
STRAIGHT BAR EXT	3 X 10	N/A
CABLE CURLS	3 X 8	N/A
REVERSE GRIP PUSHDOWNS	3 X 10	N/A
DB HAMMER CURLS	3 X 12	N/A

POWER BUILDING VOLUME 7

WEEK 8



WEEK 8 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	MAX OUT
DB GOBLET SQUAT	4 X 8	N/A
DB LUNGES	3 X 12	N/A
DB RDL	3 X 12	N/A
CALF RAISES	2 X 15	N/A

WEEK 8 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	MAX OUT
DB FLAT BENCH *PYRAMID SET*	1X12, 1X8, 1X6	N/A
WEIGHTED DIAMOND PUSHUPS *25-45 PLATE*	3 X 15	N/A
MACHINE FLY	3 X 10	N/A
STRAIGHT BAR EXT	4 X 12	N/A

WEEK 8 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	MAX OUT
PENDLAY ROW *KEEP IT LIGHT*	3 X 10	N/A
MACHINE ROW	3 X 8	N/A
WIDE GRIP PULLDOWN	3 X 10	N/A
DB PREACHER CURLS	3 X 8	N/A
DB HAMMER CURL	3 X 12	N/A

WEEK 8 / DAY 4

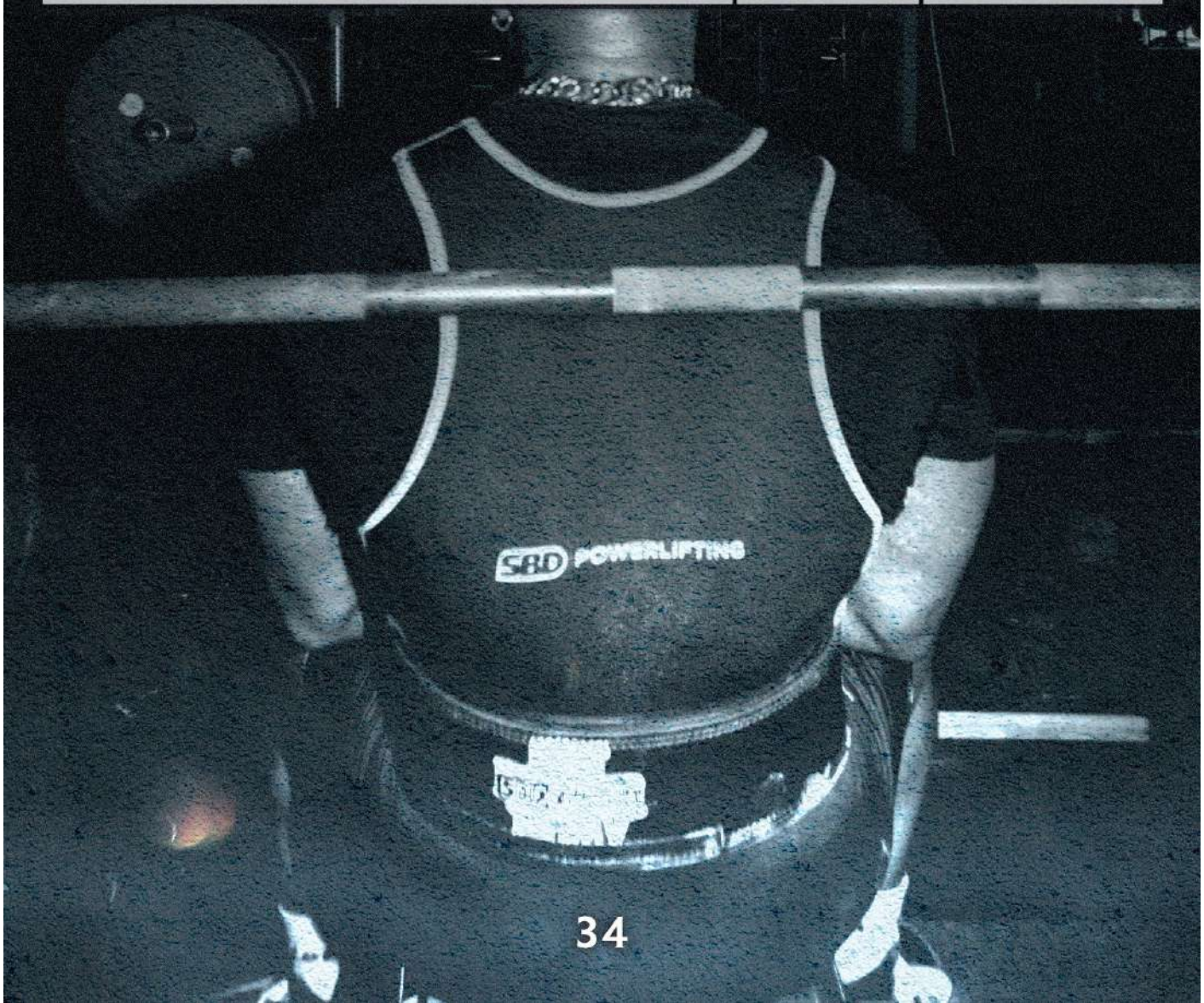
EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 8	65% 1RM
INCLINE BENCH	3 X 8	N/A
EZ BAR SKULLCRUSHERS	4 X 10	N/A
CABLE CHEST FLY	3 X 15	N/A
WEIGHTED PUSHUPS *25-45 PLATE*	3 X 12	N/A
STRAIGHT BAR EXT *PYRAMID SET*	1X12, 1X10, 1X8	N/A

WEEK 8 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 2	65% 1RM
DB RDL *SINGLE LEG*	3 X 10 (EACH LEG)	N/A
LEG EXTENSIONS *SLOW, CONTROLLED*	3 X 10	N/A
HIP ADDUCTORS	3 X 12	N/A
HAMSTRING CURL	3 X 10	N/A

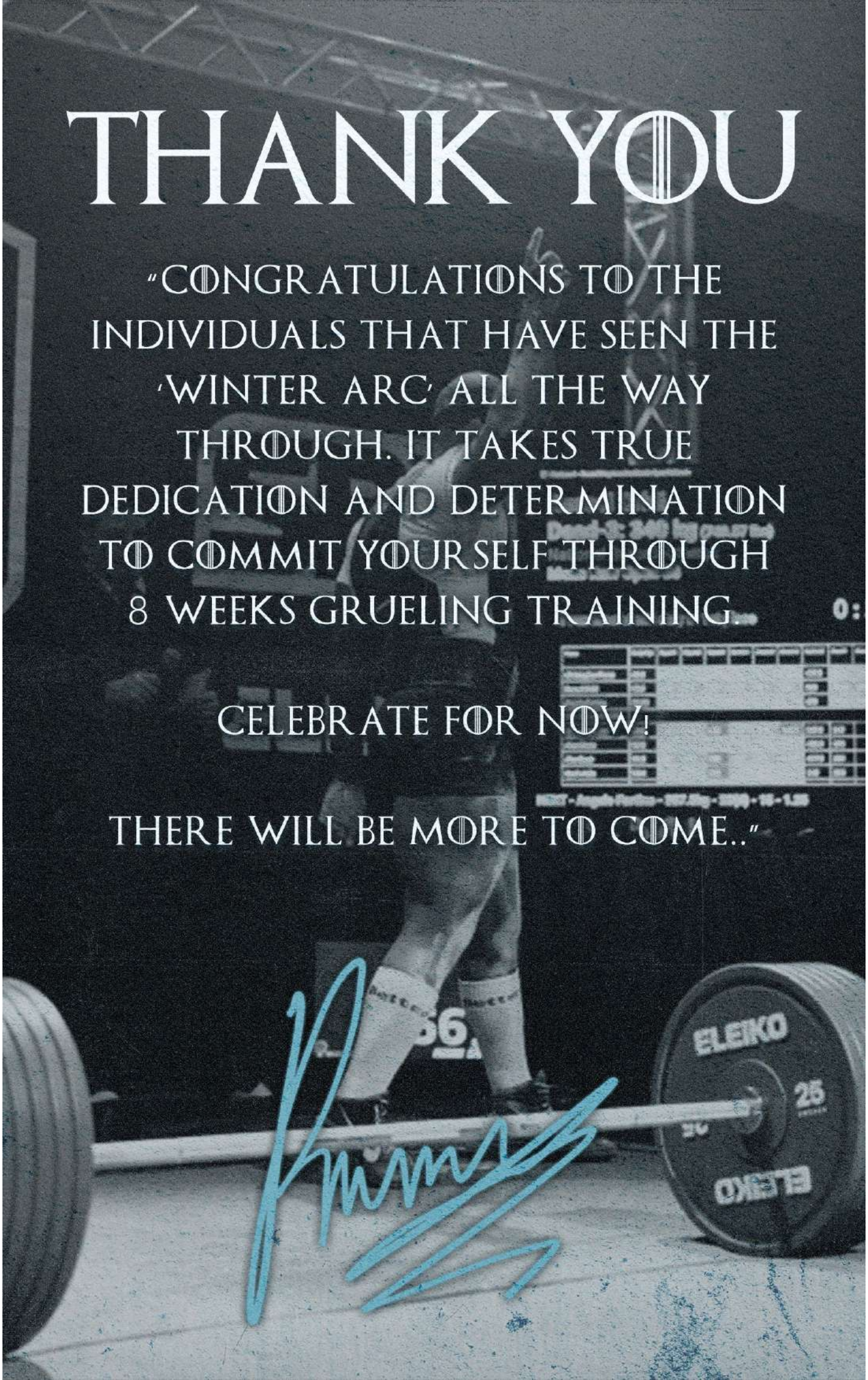
WEEK 8 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
DB SHOULDER PRESS *PYRAMID SETS*	1X12, 1X10, 1X8	N/A
DB LATERAL RAISES	3 X 12	N/A
INCLINE DB CURLS *PYRAMID SETS*	1X12, 1X10, 1X8	N/A
REVERSE GRIP CABLE CURLS	4 X 8	N/A
ROPE EXTENSIONS	4 X 8	N/A
DIPS *BODYWEIGHT*	3 X 12-15	N/A



THANK YOU

"CONGRATULATIONS TO THE INDIVIDUALS THAT HAVE SEEN THE 'WINTER ARC' ALL THE WAY THROUGH. IT TAKES TRUE DEDICATION AND DETERMINATION TO COMMIT YOURSELF THROUGH 8 WEEKS GRUELING TRAINING...

CELEBRATE FOR NOW!

THERE WILL BE MORE TO COME.."